

Subjective

- Primary concerns include a dysregulated energy system, reliance on unhealthy habits (smoking, alcohol, coffee) to manage stress from demanding work in child safety, and challenges in relationships. Seeks to feel more "free flowing," cultivate healthier relationships, including with money, and increase joy and energy for exercise.
- Reports left knee and lower back problems since a trip to Bali, with lower back pain exacerbated by yoga. States that previous chiropractic treatment has not provided resolution. The left knee pain was noted after a specific jumping movement.
- Describes the lower back pain as an ache that can be severe enough to cause waking at night.
- Experiencing poor sleep for approximately six weeks, characterised by waking between 1-3 am and difficulty returning to sleep.
- Past Medical History: Kinesiology sessions (4 weeks ago, 6 weeks ago, and 3 years ago), psoriasis, and a right foot fracture a few years ago.
- Lifestyle: High-stress job in child safety. Reports high water intake. Drinks approximately 25 beers per week. Recently quit smoking cigarettes on 24/08/2025. Exercises by walking once per week. Has a 14-year-old son; relationship with the son's father ended 15 years ago.
- Current Treatments: Has been receiving fortnightly chiropractic care for the last 3-4 months but feels it is no longer effective.
- Goals: To regulate her energy system, improve sleep quality, resolve left-sided back and knee pain, and foster healthier habits and relationships.

Objective

- Initial Assessment: Chronic hydration showed stress. A body scan indicated third-stage stress in the left knee, stress in the lower back, and stress in the base chakra.
- Left Knee Assessment: Noted to be unstable and weak, with the client expressing a lack of trust in it. Weakness was observed in the adductor muscles and bilaterally in the piriformis. Tendon stress was identified, related to a minor gym strain approximately three weeks ago.
- Right Foot Assessment: A dropped navicular bone was identified.
- Spinal Assessment: Subluxation noted at C2/C3 to the right. Stress also noted at T1-T3 and L1-L2. The sacrum and sacroiliac joint were also showing stress.
- Pelvic Assessment: Identified as the primary source of the spinal, knee, and foot dysregulation. A left sacroiliac joint outflare was observed, contributing to limited and painful spinal extension on initial assessment.
- No contraindications to treatment were identified.

Interventions

- Gained permission to work with the client's energy system and performed grounding.
 - Addressed a chronic hydration issue linked to oxidative stress from an event four years ago involving the client's mother. Administered four drops of Ocotillo essence to assist in dissolving subconscious and unexpressed feelings. The client affirmed her commitment to expressing emotions in a responsible way.
 - Cleared third-stage stress from the left knee.
 - Performed myofascial release on the anterior hip fascia to alleviate tension at the posterior knee.
 - Adjusted the dropped navicular on the right foot using breath, addressing the body's confusion with front-back switching.
 - Corrected the left pelvic outflare using a muscle energy technique and myofascial release.
- Following this, the client demonstrated a significant improvement in spinal extension, which was pain-free.

Evaluation

- The client responded well to the interventions. The chronic hydration stress was cleared.
- The combination of anterior hip fascia release and grounding successfully eliminated the stress

behind the knee.

- The correction of the pelvic outflare led to an immediate and marked improvement in range of motion and a reduction in stiffness during back extension, with the client stating it felt "Heaps better."
- The client's abdomen became audibly active post-balance, indicating positive energy movement and improved digestive function.

Plan for Continuing Care

- A follow-up kinesiology session is recommended in 5-8 weeks.
- Advised a break from chiropractic treatment for three months, particularly for the foot, to allow the body to settle and integrate the energetic and structural changes.

Home Care Advice

- Perform hip rolls and piriformis stretches twice daily to help realign and stabilise the pelvis, can be done in bed.
- Engage in grounding (barefoot on earth) for 10 minutes daily to release negative ions and stagnant energy.
- No changes to water or coffee intake are required at this stage.

Additional Notes

- Client education was provided on the link between the energetic system and the physical body, the benefits of grounding, and the role of the sacroiliac joint.
- The client initially felt discouraged about the session type, but expressed satisfaction upon learning that myofascial techniques were integrated as her body required. She has requested that future appointments be scheduled on her fortnightly Friday off.